

2010 Lexington County Profile

Nutrition, Physical Activity, and Obesity

Adults	Lexington County	SC*	US*	HP 2010**
Obese ¹	23.8%	30.3%	27.7%	15%
Not meeting physical activity recommendation ²	49.2%	54.6%	49.4%	50%
Not meeting fruit and vegetable recommendation ³	81.8%	82.6%	76.6%	N/A

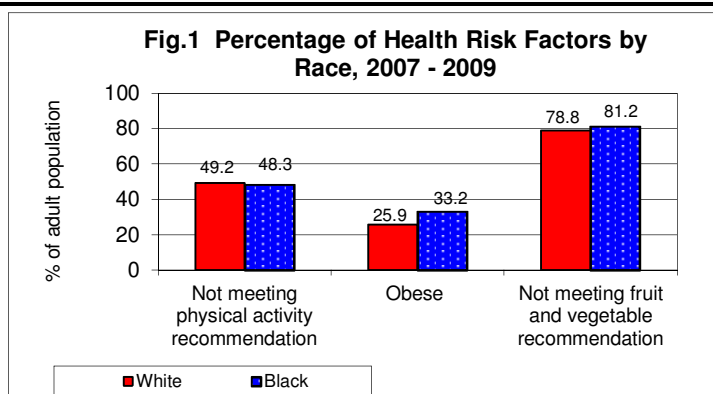
Source: 2009 South Carolina Behavioral Risk Factor Surveillance System (BRFSS)

Adolescents	Lexington County	SC	US	HP 2010**
Obese ¹ (HS)	N/A	16.7%	12.0%	5%
Did not attend physical education class daily	N/A	83.2%	66.7%	50%
Not meeting fruit and vegetable recommendation ³	N/A	85.3%	77.7%	N/A

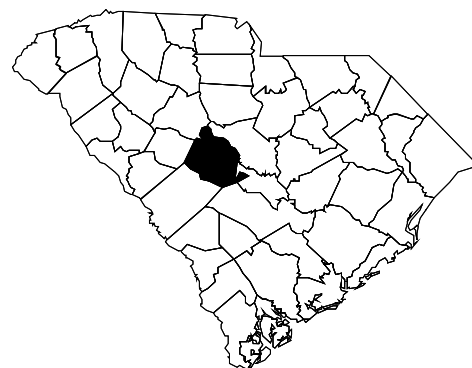
Source: 2009 South Carolina High School Youth Risk Behavior Survey (YRBS)

N/A - Data were not available

Local Level Data	Lexington County	SC	US	HP 2010**
Low-income preschool obesity rate (2009) ⁴	15.8%	11.4%	14.0%	N/A
Number of farmer's markets (2010) ⁴	5	93	6176	N/A
Number of Farm to School Programs (2009) ⁴	0	1	193	N/A



Source: 2009 South Carolina Behavioral Risk Factor Surveillance System (BRFSS)



2010 County Highlights

- ♦ The County has launched an obesity prevention coalition designed to bring county entities together to combat obesity. (ESMMLC)
- ♦ Lexington Greenway Alliance received a grant that has led to improvement of a 3500 ft. track of land which will be converted into hiking/biking trails along with shelters and playground space.
- ♦ Lexington School District One has initiated a program called LexLives; it is designed to educate and promote healthier lives in the 21st century.
- ♦ Walter P. Rawls and Sons Produce is working with several schools developing a consistent farm to school program.

Where and how changes can be made in all counties:

Community:	Construct new trails or greenways, construct bike lanes, create farmer's markets, increase cropland acreage harvested for fruit and vegetables
Schools:	Implement a Safe Routes to School program, participate in a fruit and vegetable program, incorporate physical and nutrition education into the curriculum
Worksite:	Implement a healthy eating policy, establish a breastfeeding-friendly worksite,
Child Care:	Limit sedentary time for children, establish a school garden, participate in "Fresh on Campus" program

¹The Centers for Disease Control (CDC) defines overweight as having a body mass index (BMI) between 25 (lbs./in²). and 29.9 (lbs./in²). Obesity is defined as having a BMI greater than 30 (lbs./in²). For children age 2 to 20 years old, CDC has developed a definition of overweight and obesity based on the 2000 CDC growth charts for age and sex. Children and youth who are between the 85th and 95th percentiles are considered overweight; children and youth who exceed the 95th percentile on these charts are considered obese.

²The physical activity recommendation says that adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity or a combination of the moderate and vigorous-intensity physical activity.

³ Recommended fruit and vegetable consumption is 2+ fruits and 3+ vegetables daily.

⁴ Food Environment Atlas: <http://maps.ers.usda.gov/FoodAtlas/foodenv5.aspx>

*Obese and not meeting recommended physical activity data are age-adjusted

** *Healthy People* provides science-based, 10-year national objectives for improving the health of all Americans. *Healthy People* has established benchmarks for these objectives and monitored progress over time. www.healthypeople.gov

Obesity can lead to such health risks as elevated cholesterol, diabetes, high blood pressure, sleep apnea, orthopedic complications, and mental health problems.

For More Information about Nutrition, Physical Activity, and Obesity:

Division of Nutrition, Physical Activity and Obesity:

DHEC Bureau of Community Health and Chronic Disease Prevention

<http://www.scdhec.gov/health/chcdp/obesity/>



For more ideas on what you can do to make changes in your community go to Eat Smart Move More SC

www.eatsmartmovemore.org/options-for-action/

Generated by: DNPAO, Bureau of Community Health and Chronic Disease Prevention

http://www.scdhec.gov/hs/epidata/state_reports.htm

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